

ABSTRAK

Diva Nabilah: Hubungan Eating Disorder dan Tingkat Pengetahuan Diet dengan Status Gizi Remaja Putri Pada Modelling Agency Medan. Skripsi. Prodi Gizi. Fakultas Teknik Universitas Negeri Medan. 2024.

Remaja merupakan masa penting pada tahap tumbuh dan kembang, namun remaja juga merupakan usia yang sangat sering memiliki permasalahan status gizi yang disebabkan salah satu faktor diantaranya *eating disorder* dan pengetahuan diet. Tujuan pada penelitian ini untuk mengetahui hubungan *eating disorder* dan tingkat pengetahuan diet dengan status gizi remaja putri pada *modelling agency* Medan. Desain penelitian ini adalah *cross sectional*, sampel pada penelitian ini menggunakan teknik total sampling sebanyak 73 responden remaja putri. Penelitian ini dilaksanakan pada bulan Juni-Agustus 2024 di Andika Production dan Gaia Models Medan. Teknik pengumpulan data menggunakan kuesioner dan pengukuran berat badan serta tinggi badan. Pengujian hipotesis dilakukan dengan analisis bivariat menggunakan *chi-square* dan analisis multivariat menggunakan regresi logistik. Hasil penelitian menunjukkan bahwa remaja dengan risiko *eating disorder* sebanyak 32 responden (43.8%). Remaja dengan tingkat pengetahuan diet dalam kategori kurang sebanyak 26 responden (35.6%). Remaja putri dengan status gizi *underweight* sebanyak 20 responden (27.4%). Hasil uji *chi-square* pada variabel *eating disorder* didapatkan *p-value* sebesar 0.000 yang dapat disimpulkan terdapat hubungan variabel *eating disorder* dengan status gizi dan *odd ratio* yang didapatkan sebesar 9.250. Variabel pengetahuan diet didapatkan *p-value* sebesar 0.097 yang dapat disimpulkan tidak terdapat hubungan antara pengetahuan diet dengan status gizi. Hasil analisis regresi logistik variabel *eating disorder* dengan status gizi didapatkan *p-value* sebesar 0.000 yang menandakan ada hubungan *eating disorder* dengan status gizi dengan *odd ratio* sebesar 9.250 yang menandakan remaja putri dengan risiko *eating disorder* berpeluang 9.25 kali lebih besar mengalami status gizi *underweight* dibandingkan dengan yang tidak berisiko. Variabel pengetahuan diet dengan status gizi berdasarkan hasil analisis multivariat didapatkan *p-value* sebesar 0.222 yang mendakan tidak ada hubungan antara variabel pengetahuan diet dengan status gizi, berdasarkan hasil analisis multivariat juga menyatakan bahwa sumbangan pengaruh variabel *eating disorder* dan tingkat pengetahuan diet terhadap status gizi sebesar 27%. Kesimpulan pada penelitian ini menunjukkan bahwa ada hubungan antara *eating disorder* dengan status gizi dan tidak ada hubungan antara pengetahuan diet dengan status gizi remaja putri.

Kata Kunci: status gizi, *eating disorder*, pengetahuan diet, remaja putri.

ABSTRACT

Diva Nabilah: The Relationship Between Eating Disorders and Diet Knowledge Levels with Nutritional Status of Adolescent Girls at Modeling Agencies in Medan. Thesis. Nutrition Study Program. Faculty of Engineering. Universitas Negeri Medan. 2024.

Adolescence is an important period in the growth and development stage, but adolescence is also an age that often has nutritional status problems caused by one of the factors including eating disorders and dietary knowledge. The purpose of this study was to determine the relationship between eating disorders and the level of dietary knowledge with the nutritional status of female adolescents at the Medan modeling agency. The design of this study was cross-sectional, the sample in this study used a total sampling technique of 73 female adolescent respondents. This study was conducted in June-August 2024 at Andika Production and Gaia Models Medan. The data collection technique used a questionnaire and measurement of body weight and height. Hypothesis testing was carried out using bivariate analysis using chi-square and multivariate analysis using logistic regression. The results of the study showed that adolescents with a risk of eating disorders were 32 respondents (43.8%). Adolescents with a level of dietary knowledge in the less category were 26 respondents (35.6%). Adolescent girls with underweight nutritional status were 20 respondents (27.4%). The results of the chi-square test on the eating disorder variable obtained a p-value of 0.000 which can be concluded that there is a relationship between the eating disorder variable and nutritional status and the odd ratio obtained was 9,250. The diet knowledge variable obtained a p-value of 0.097 which can be concluded that there is no relationship between diet knowledge and nutritional status. The results of the logistic regression analysis of the eating disorder variable with nutritional status obtained a p-value of 0.000 which indicates that there is a relationship between eating disorders and nutritional status with an odd ratio of 9.250 which indicates that adolescent girls with a risk of eating disorders are 9.25 times more likely to experience underweight nutritional status compared to those who are not at risk. The diet knowledge variable with nutritional status based on the results of the multivariate analysis obtained a p-value of 0.222 which indicates that there is no relationship between the diet knowledge variable and nutritional status, based on the results of the multivariate analysis also stated that the contribution of the influence of the eating disorder variable and the level of diet knowledge to nutritional status was 27%. The conclusion of this study shows that there is a relationship between eating disorders and nutritional status and there is no relationship between diet knowledge and the nutritional status of adolescent girls.

Keywords: nutritional status, eating disorders, diet knowledge, adolescent girls.